Eating Well

By Barbara L. Morlang, R.D., Ph.D.
Regional Public Health Nutritionist

In early October Dr. Arthur Upton, Director of the National Cancer Institute testified before the Senate Agriculture Nutrition Subcommittee that studies seem to indicate that a balanced diet high in fiber and low in fat could aid in lowering the risk of cancer. However, he further stated that no direct cause-and-effect relationship has been observed between diet and cancer.

The role played by fiber, or as our grandparents called it "roughage", in health has become the subject of increased attention. Interest was first stirred when it was discovered that rural Africans, whose diets were high in fiber seemed to have a lower incidence of certain diseases than people living in highly developed countries consuming low-fiber diets. Nutritionists previously had ignored dietary fiber because it was neither digested, absorbed nor metabolized by the body but rather passed directly through as human waste.

Most plant fibers are long chains of sugar linked together in an unusual way that prevents them from being digested normally. Plant foods commonly eaten by man include a wide variety of fruits, vegetables, grains, legumes (dried beans, peas and lentils), nuts and seeds. Most fiber comes from the parts of plants that give them their structure: the outer skin, roots, stems, leaves and seeds.

How fiber works in helping to maintain health is still unclear and apparently not all fibers act in the same way. Foods rich in certain types of fiber such as wheat bran and whole grains take less time to pass through the gastrointestinal tract. Because these foods are not completely digested they result in larger and more frequent bowel movements and is one reason why bran is recommended for preventing constipation. Still other types of fiber lengthen the time it takes for food to pass through the gastrointestinal tract and therefore slow down digestion.

From approximately 1909 until 1965 the fiber content of the American diet decreased from about 7 grams to about 5 grams. At present recommendations range from 6 to 24 grams per day and there is almost no detailed information concerning the type of fiber that we should include in our diet. Because of the lack of recommendations, moderation should be exercised and because there are various beneficial effects from different types of fiber, it would be important to use a variety of foods.

Here are a few suggestions that will help you increase the amount of fiber in your diet:

Eat a wide variety of vegetables, fruits, grains and legumes on a regular basis. Keep them in their natural (unprocessed) forms and leave seeds, strings and skins intact. For example, a baked potato retains its natural form, but instant mashed potatoes are processed. Whole oranges are in the natural form, but orange juice is processed.

Decrease the amount of refined crackers, breads and cereals and eat more whole-grain breads and cereals. Read the labels carefully and look for whole-grain (not white) flower as the first item on the list of ingredients.

Add bran or other whole-grain cereals to homemade foods. For example, you can use them in baked goods and meat loafs. Cereal mixtures can also be used on cottage cheese and salads or in soups and stews.

It is important to keep in mind that many individuals have special dietary restrictions; therefore before making any change in your diet you should first discuss the change with your physician.

University of Virginia Chosen For Federal Grants Program

The Virginia Office of Emergency and Energy Services has announced that University of Virginia Center for Energy Analysis to assist in the implementation of the State's participation in the National Energy Act federal grants program. The Center will provide technical and data processing support for the program. Co-investigators for the project are Dr. Leroy S. Fletcher, Chairman of the University's Department of Mechanical and Aerospace Engineering, and Dr. Timothy C. Scott, Assistant Professor of Mechanical Engineering.

The grants program has the potential to provide over $19 million in federal matching funds over the next three years for energy conservation in Virginia's public buildings. Energy audit materials and application forms have been sent to eligible public and not-for profit schools, colleges, universities, hospitals, health care institutions, and local government facilities. Over 2,200 buildings are already involved in the program. Building data processed thus far projects energy savings averaging 30% if recommendations are followed.

The Center for Energy Analysis has estblished a computerized data base to aid in the management of the grants program. Analysis of energy consumption, cost information, and building data will help generate engineering recommendations on the most effective conservation measures. Many schools and hospitals may qualify for financial assistance for up to half the cost of recommended capital improvements.

The selection of the Center for Energy Analysis for the grants program was based in part of the success of the Center's previous projects, including energy conservation studies for the City of Charlottesville and for Albemarle County. The Center is dedicated to providing engineering students with experience in solving energy-related problems, with the goal of producing energy-conscious engineers. The Center currently employs over 40 university graudate and undergraduate students in various capacities.

George Jones, Sate Coordinator for the Office of Emergency and Energy Services, is pleased with the arrangement. Jones states, "We are delighted and honored that the University of Virginia will be participating with us on the program. The benefits will be mutual: the administration of the program will benefit tremendously from the participation of a university with such fine credentials in the areas of engineering and energy conservation; also, the students involved in the program will gain valuable practical experience by working on such an important, large-scale project and contributing to the national and statewide conservation effort."

Robert Somers is the Project Director and Alan Pritchard is the Project Manager. Inquiries for further information may be directed to them at the Center for Energy Analysis by calling (804) 942-3146.

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Ways To Keep Guest Alive After The Party

During this holiday season many hosts and hostesses will put a great deal of effort into keeping the party alive for their guests. For those who will be serving alcoholic beverages, the "Life of the Party Pack" will suggest ways to keep the guests alive after the party.

The Central Virginia Alcohol Safety Action Program (ASAP) is distributing the free party packs through area ABC Stores again this year in an effort to keep drinking drivers off of Central Virginia highways during the Christmas and New Year holidays. The party pack, along with offering suggestions for games and recipes for snacks and non-alcoholic drinks, presents some practical and creative advice for party givers who want to insure that their guests who drink get safely home.

"No responsible host or hostess would want a guest's holiday to be ruined with an accident or drunk driving arrest," said Lea T. Townes, Executive Director of Central Virginia ASAP. "By using the hosting tips in the party pack, a person can discourage excessive drinking and still keep the party lively."

To deal with the guest who drinks too much in spite of these measures suggested, the party pack says, "Engage him or her in conversation to slow down the drinking. Offer food which will slow down the rate at which the body is absorbing alcohol. Offer to mix the next drink and make it a light one."

A section entitled "After the Party" suggests what steps to take if guest who are driving have had too much to drink. Party planners are encouraged to drive guests home, call a taxi, let them stay overnight or, if necessary, take their keys away. The section concludes by stating that, "Anything you can do to prevent someone who has had too much to drink from driving is the right thing to do."

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Shopping For Draperies And Drapery Fabrics

Replacing draperies requires some special consideration of what surrounds the window, cautioned a Virginia Tech Extension specialist in home management. The replacing often means taking into consideration present furnishings, so choosing new draperies can be tricky.

One of the easier approaches to replacing draperies is to choose a solid color that comes close to the color of the walls, suggested the specialist Katherine L. Habel.

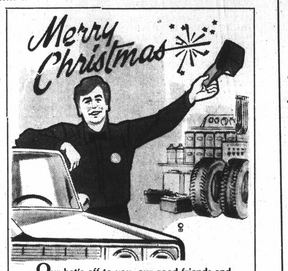
If, on the other hand, print draperies are desired, she recommended shopping until a design that incorporates the color of the walls, upholstered pieces and floor covering is found. This can limit the choice and increase shopping headaches considerably, said the specialist who is a member of the Virginia Tech College of Home Economics faculty.

Patterned carpet or upholstery in the room can complicate things even more. One room with several prints is acceptable decorating. Just remember to vary the scale (the largeness or smallness) of the prints in the drapery fabric and to keep the colors compatible.

It will help to be able to go to the store armed with a swatch of carpet, some arm caps from the upholstered pieces and a paint chip of the wall color, said Miss Habel. But don't make the final selection at the store.

Take the draperies home on approval or buy a small piece of the fabric so it can be looked at in the room where the draperies will be hung. Consider the fabric both in daylight and artificial light.

Classified Ads Get Results



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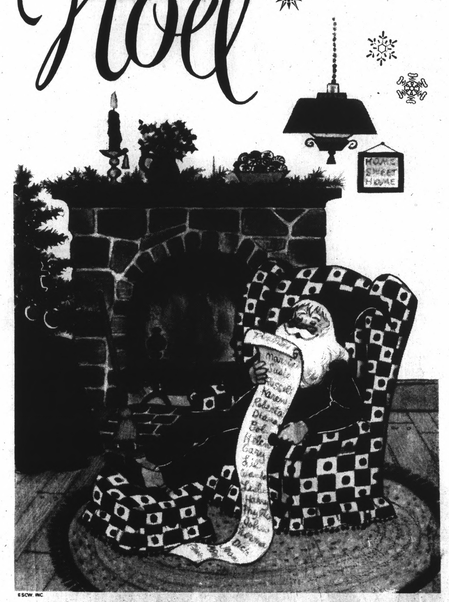

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JUNIOR DIVISION WINNERS in the 4-H Share-The-Fun Program were, front row, left to right, Robert Croner (dance), Kathy Bryan (Novelty/Drama), and Christy Tucker (gymnastics); and on back row, left to right, Mike McCoy (general), Scott Drinkard (instrumental) and Tony Bailey (vocal).

SENIOR DIVISION WINNERS in the 4-H Share-The-Fun Program were, left to right, Lisa Moore, Marlene Watkins, Laurie McLean, Sandra Watkins, David Caldwell, Laura Walton, Allen Smith, Terri Nash, Lisa Puckett and Rhonda Nash.

4-H Share-The-Fun Program Held

The Appomattox County 4-H Share-the-Fun program was held last Wednesday in the auditorium of Appomattox County High School. Mr. Ronnie Spiggle, representing American Federal Savings and Loan Association assisted emcees Rhonda Nash, Brett Marston and David Caldwell in presenting awards. Through sponsorship from American Federal all participants in Share-the-Fun received special rosette awards.

Senior winners were as follows: Terri Nash in the vocal division, accompanied by Lisa Puckett; Lisa Moore in the dramatic or novelty division; Sandra Watkins and Marlene Watkins in the dance division; David Caldwell, Laurie Mc Lean, Allen Smith and Rhonda Nash in the general division; and Laura Walton in the instrumental division.

Junior winners were Scott Drinkard in the instrumental division; Mike McCoy in the general division; Robert Croner in the dance division; Tony Bailey in the vocal division; Kathy Bryan in the dramatic or novelty division and Christy Tucker in the gymnastics division. Scott Drinkard was also selected as the top performer overall in the Junior Division.

Also participating in the County Share-the-Fun Show were: Beth Marston, David Hancock, Dianne Hamlin, Jennifer Coleman, Jennifer Schmutz, Dana Lee, Monica Stratton, Maureen O'Donnell, Eileen O'Donnell, Sally Inge, Ada Hunter, Annette Turner, JoAnn Jamerson, Liza Gray, Lisa Williamson, Kandy Driskill, Cindy Clark, Demetria Hamlett, Tiffany Royal, Karen Stevens, Tambra Hamlet, Tina Moore, Duane Hamlet, Anne Hancock, Emily Shea, Valerie Guill, Kathy Parsons, Dawn Pitsenberger and Susan Parris.

The 4-H members would like to express their thanks to American Federal Savings and Loan Association for their sponsorship of Share-the-Fun. Special appreciation is also due WTTX, The Carpet House and Amelia Dress Company.

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UNDERSTANDING ALCOHOLISM

a health column from the
Alcohol, Drug Abuse, and Mental Health Administration
U.S. Department of Health, Education, and Welfare

Holiday Partying Tips—Part I

The National Institute on Alcohol Abuse and Alcoholism has suggested a responsible approach to party-giving and party-going for this holiday season. For that matter, the approach is wise for any occasion when alcoholic beverages are served. Here are some NIAAA guidelines on being a good host, hostess, or guest:

True hospitality involves much more than plying guests with food and drink. It is the obligation of the host and hostess to set the tone, direction, and pace of activity.

Try something different. Instead of sending guests directly to the bar, try mixing people as they arrive. The warmth that comes from greeting old friends and meeting new people may exceed the warmth stirred by a martini or a beer. Good conversation is possible without a glass in hand. Alcohol should not dominate a conversation.

There are ways to promote party success while keeping things under control:

- Select the bartender. Choose a bartender of known discretion. The designated mom turn out to be a pusher who uses the role to give every glass an extra "shot."
- Pace the drinks. Serve drinks at regular, reasonable intervals. The length of the intervals will depend on whether the guests are enjoying the company more than the drinks. A drink-an-hour schedule means good company prevails.
- Don't double up. Many people count and pace their drinks. If you serve doubles, they'll be drinking twice as much as they planned. Doubling up isn't hospitality; it's inconsiderate.
- Don't push drinks. Let the glass be empty before you offer a refill. And then don't rush, especially if someone comes up empty too fast. When a guest says "no thanks" to an alcoholic drink—don't insist.
- Push the snacks. Do this *while* your guests are drinking, not after. This is important because food slows down the rate at which alcohol is absorbed into the bloodstream. It also slows the rate at which people drink.
- Serve nonalcoholic drinks, too. One out of three adults chooses not to drink at all. Occasional drinkers sometimes prefer not to. Offer a choice of drinks—besides alcohol—fruit and vegetable juices, tea, coffee, and soft drinks.

Part II will include more tips for hosts and hostesses and provide a number of ways for a guest to meet the demands of social drinking while avoiding drunkenness.

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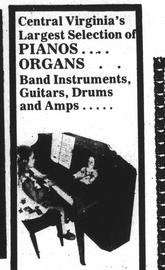

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